

Full Report (All Nutrients) 19095, Ice creams, vanilla

Report Date: June 26, 2017 17:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 66g
Proximates					
Water	g	61.00	50	0.360	40.26
Energy	kcal	207	--	--	137
Energy	kJ	868	--	--	573
Protein	g	3.50	152	0.199	2.31
Total lipid (fat)	g	11.00	291	0.080	7.26
Ash	g	0.90	6	0.045	0.59
Carbohydrate, by difference	g	23.60	--	--	15.58
Fiber, total dietary	g	0.7	--	--	0.5
Sugars, total	g	21.22	3	0.317	14.01
Minerals					
Calcium, Ca	mg	128	17	5.483	84
Iron, Fe	mg	0.09	35	0.007	0.06
Magnesium, Mg	mg	14	12	0.361	9
Phosphorus, P	mg	105	12	4.119	69
Potassium, K	mg	199	12	6.120	131
Sodium, Na	mg	80	19	6.528	53
Zinc, Zn	mg	0.69	14	0.160	0.46
Copper, Cu	mg	0.023	7	0.002	0.015
Manganese, Mn	mg	0.008	6	0.001	0.005
Selenium, Se 2 3 4 5 6 7 8	µg	1.8	1	--	1.2
Fluoride, F 1	µg	15.4	4	1.056	10.2

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 66g
Vitamin C, total ascorbic acid	mg	0.6	21	0.067	0.4
Thiamin	mg	0.041	13	0.003	0.027
Riboflavin	mg	0.240	14	0.013	0.158
Niacin	mg	0.116	6	0.011	0.077
Pantothenic acid	mg	0.581	3	0.170	0.383
Vitamin B-6	mg	0.048	10	0.001	0.032
Folate, total	µg	5	4	1.830	3
Folic acid	µg	0	--	--	0
Folate, food	µg	5	4	1.830	3
Folate, DFE	µg	5	--	--	3
Choline, total ¹	mg	26.0	--	--	17.2
Vitamin B-12	µg	0.39	3	0.043	0.26
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	118	--	--	78
Retinol	µg	116	--	--	77
Carotene, beta	µg	19	2	--	13
Carotene, alpha	µg	0	2	--	0
Cryptoxanthin, beta	µg	0	2	--	0
Vitamin A, IU	IU	421	--	--	278
Lycopene	µg	0	2	--	0
Lutein + zeaxanthin	µg	0	2	--	0
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	0.20
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0.1
Vitamin D	IU	8	--	--	5
Vitamin K (phylloquinone) ⁹	µg	0.3	1	--	0.2
Lipids					
Fatty acids, total saturated	g	6.790	--	--	4.481
4:0	g	0.360	1	--	0.238
6:0	g	0.210	1	--	0.139
8:0	g	0.120	1	--	0.079
10:0	g	0.280	1	--	0.185

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 66g
12:0	g	0.310	1	--	0.205
13:0	g	0.000	--	--	0.000
14:0	g	1.130	1	--	0.746
15:0	g	0.000	--	--	0.000
16:0	g	3.060	1	--	2.020
17:0	g	0.000	--	--	0.000
18:0	g	1.316	--	--	0.869
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	2.969	--	--	1.960
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.206	--	--	0.136
18:1 undifferentiated	g	2.763	--	--	1.824
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.452	--	--	0.298
18:2 undifferentiated	g	0.275	--	--	0.182
18:3 undifferentiated	g	0.175	--	--	0.115
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.003	--	--	0.002
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	44	10	1.924	29
Amino Acids					
Tryptophan	g	0.045	--	--	0.030
Threonine	g	0.146	--	--	0.096
Isoleucine	g	0.195	--	--	0.129
Leucine	g	0.316	--	--	0.209
Lysine	g	0.258	--	--	0.170
Methionine	g	0.081	--	--	0.053
Cystine	g	0.029	--	--	0.019

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 66g
Phenylalanine	g	0.157	--	--	0.104
Tyrosine	g	0.155	--	--	0.102
Valine	g	0.217	--	--	0.143
Arginine	g	0.125	--	--	0.083
Histidine	g	0.088	--	--	0.058
Alanine	g	0.121	--	--	0.080
Aspartic acid	g	0.250	--	--	0.165
Glutamic acid	g	0.681	--	--	0.449
Glycine	g	0.093	--	--	0.061
Proline	g	0.326	--	--	0.215
Serine	g	0.177	--	--	0.117
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

- ¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD
- ²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
- ³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
- ⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
- ⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991
- ⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992
- ⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993
- ⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994
- ⁹S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579